



BULLET JOURNAL HABIT TRACKER

A month-at-a-glance grid for up to five observable habits.

MONTH / YEAR

Write a short habit name above each column. Mark only completed actions.

DAY	HABIT 1	HABIT 2	HABIT 3	HABIT 4	HABIT 5
1	☐	☐	☐	☐	☐
2	☐	☐	☐	☐	☐
3	☐	☐	☐	☐	☐
4	☐	☐	☐	☐	☐
5	☐	☐	☐	☐	☐
6	☐	☐	☐	☐	☐
7	☐	☐	☐	☐	☐
8	☐	☐	☐	☐	☐
9	☐	☐	☐	☐	☐
10	☐	☐	☐	☐	☐
11	☐	☐	☐	☐	☐
12	☐	☐	☐	☐	☐
13	☐	☐	☐	☐	☐
14	☐	☐	☐	☐	☐
15	☐	☐	☐	☐	☐
16	☐	☐	☐	☐	☐
17	☐	☐	☐	☐	☐
18	☐	☐	☐	☐	☐
19	☐	☐	☐	☐	☐
20	☐	☐	☐	☐	☐
21	☐	☐	☐	☐	☐
22	☐	☐	☐	☐	☐
23	☐	☐	☐	☐	☐
24	☐	☐	☐	☐	☐
25	☐	☐	☐	☐	☐
26	☐	☐	☐	☐	☐
27	☐	☐	☐	☐	☐
28	☐	☐	☐	☐	☐
29	☐	☐	☐	☐	☐
30	☐	☐	☐	☐	☐
31	☐	☐	☐	☐	☐

MONTH-END REVIEW

Which rule was easiest to judge? _____

What got in the way? _____

What will I change next month? _____

Want a guided, strict 90-day attempt?

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